A Danger of EVP Recording: (A Journal)

- B. Edwards

November 5, 2020

6:51 PM

Just this past Monday, I wrote about how I experienced a “night attack” at the hands of this entity or being that calls herself Crystal. I mentioned how I blamed myself for this in a way, because I didn’t have any sleep-aid on hand, I simply forgot that I was out and I suspect that Crystal saw an opportunity there and took advantage. I didn’t make the same mistake twice.

On Monday I went out and picked up some sleep-aid, you can be sure. I was not attacked again severely on Monday night. There was some activity, I was hearing Crystal’s voice and I was feeling the physical sensations, but it was not as intense or escalated as it was the previous night. However, on Tuesday night I was attacked again. The difference here was that I had taken some sleep-aid before I went to bed. It wasn’t enough just to thwart Crystal’s efforts here though, it was an outright attack just like the one I experienced on Sunday night.

Crystal was chattering away constantly and the physical sensations were very intense, I remember that quite clearly. I remember lying there in bed realizing what was happening, realizing that I was being attacked. I was somewhat in that state between being awake and being asleep, but I knew what was going on. What seemed to make the attack last for quite a while, was the fact that I was in this in-between state. I remember thinking to myself that I have to get out of bed and take some more sleep-aid, that this would be the only way to put an end to this attack and even then it was not a certainty. But, I found that I couldn’t move, I just couldn’t bring myself to muster the energy to get up and get out of bed because I was partially asleep.

It was strange and it is hard to describe, I suppose because I’m talking about the particulars of a state of consciousness here. I remember quite clearly just thinking to myself… I have to get up… I have to have some more sleep-aid…. I’ll get up in a minute…I’ll get up in a few minutes. But I never did get up and have any more sleep-aid that night, so the attack seemed to last for quite a while. I did not check the time, even though I had my phone right there next to my bed. But, I would say that the attack lasted for something like two hours, maybe 2 1/2. I know that I definitely lost some sleep as a result of it, because I was feeling a bit more exhausted than usual at work the next day.

I would say that the attack on Tuesday night was even more intense than the one on Sunday night. On Tuesday night, it was definitely the physical sensations that were causing me the most disturbance. These sensations that I was feeling on my body were quite pronounced. I

remember that some of them seemed to be coming up through the mattress of my bed, as if Crystal was moving around inside of the mattress itself.

This is nothing new, I have been experiencing similar things since the very beginning of my attachment situation. In fact, one of the first incidents of experiencing these physical sensations, was the feeling of a finger coming up through my mattress and jabbing me and my lower back as I was trying to fall asleep. I remember that this was something that was occurring almost nightly for a while during March of 2015. These attaching entities (especially Crystal) have always used this tactic where they seem like they're inside of a solid object, like a bed or a chair and from there they proceed jab me in an effort to deprive me of sleep.

I remember that I was hit with that familiar unsettling feeling on Tuesday night as the attack was occurring, that feeling of being hit with a sense of the cold hard reality of all of this. I have written about this many times. I know that what I am experiencing here is not a hallucination or a creation of my own mind in any way, and still at times when I have these more intense experiences I'm shocked by it. Even though I know that this is all actually happening, I suppose that I still try and go about my life as much as I am able to, acting like it is not. I wake up in the morning, I go to work, I deal with down to Earth everyday situations, etc… Yet in the background, I know that this entity attachment is right there with me. She is always there…. Crystal ....and with her is the mystery, or I should say the sense of mystery and so many unanswered questions that follows her.

Even though this year has been better than the previous years as far as how much this situation has had an impact upon my life, I would say that I have been getting hit with this sense of being shocked by it all, a little more, with the exception of course of the very beginning back in the spring of 2015. I suppose this is the case, because this year I have been more busy with my work and work has taken up more of my time and focus this year than in the previous years. This is a direct result of the ongoing pandemic situation. While I do not want to get sidetracked here in discussing the particular details of my work, I do work in an industry that involves home projects, and since people are staying home more now, my industry has been experiencing a boom. So, I would say that this year more than the previous years, I've had to keep my focus on more down to earth everyday things, and Crystal has not succeeded in distracting me from it as she once did.

This keeping my focus on everyday things is something that I did deliberately back in 2015, and this was very helpful to me back then in weakening the impact that these entities were having on my life. This year, there isn't much of a choice about it, so at times it's like there's this collision between these two aspects of my life. When I'm very busy and focused on work, even though it can be quite exhausting at times, I feel a sense that I'm living my old life again, that things resemble more how it was before I started hearing these voices and all the other phenomenon that I've experienced. So on the one hand, it as if I'm connecting to my old more normal life, yet when I have these intense experiences such as these night attacks that I experience this week, it's like these two aspects of my life are colliding. It's something like being reminded that this is still going on and that it is very real.

Being as busy as I was this year, while of course I have not forgotten about the presence of Crystal, maybe on some level things at least seem to be moving more in that direction. I'm focusing on day-to-day things much more. But, when I have these incidents, it's like getting pulled back into the strangeness of it all. I know I'm failing here to describe this in a good way, but I tried, so I'll stop here. Let me just add that I don't know what brought about the attack on Tuesday night. I suppose it's pointless to wonder why Crystal chose to attack me. She deliberately causes a disruption in my life every day to a greater or lesser degree. I suppose that I wonder about it because I'm hopeful of any sign that she might be starting to chill out….to lighten up in any way.

As I have written about previously, I've learned to let go of the animosity that I carried inside of me for quite a long time. Of course, I believe that I'm justified in being a little pissed off at what these entities did to me and the tactics that they use, such as harassing me with voices on a constant basis. But, I realized a while back that carrying this anger and animosity inside wasn't harming these entities in any way, if anything that's probably what they wanted. What it was doing was harming my life. Whether it's justified or not, the end result was that I was just carrying around these negative emotions from day today. So, I let go of a lot of those feelings. I'm not saying that I'm perfect with this, Crystal can still take me to the point of anger every now and again. But, it's not as common a thing these days as it was in the past. I consider this a victory.

It may be pointless, but I still look for signs that Crystal might be starting to ease up a bit. So when she attacked me like she did the other night, I found myself asking the question, why? I suppose that I'm still no closer to finding out about her motives now than I was in the beginning. All I know is this, she still does not show any measure of respect for my personal sovereignty. Even if I'm not hearing her hurling insults and criticisms at me, even if she's saying something completely benign, she's still there just talking away and talking away and talking away.

Each night when I go to bed she's there talking and causing me to feel these physical sensations. Some nights it's bad, some nights it's not so bad, but it's still occurring each and every night. Not to sound like a broken record here, but I just want to stress again that sometimes these situations are avoidable. I live with the fact that it was my own actions in 2015 that opened the door to these entity attachments. I allowed myself to get carried away with doing EVP recording sessions. I sought to hear voices from the beyond and hear them I did. However, some of those voices came out of the recordings quite literally and I began hearing them all the time. This is the case with Crystal. I first heard her voice on my recordings in February of 2015. She's the last recognizable voice from those days that I still hear, but I am still hearing her voice every day. If I had made wiser decisions back during the Winter of 2015, I most likely wouldn't be.

December 13, 2017
8:52 pm

These negative spirit attachments have become more active within just the past thirty minutes. The voices have become stronger, and I've also been experiencing some minor physical disturbances…..mainly the feeling of being poked and jabbed. It's cold out tonight…….very cold. So, I've been running my heater and as is usually the case, these negative spirit attachments use the steady background noise as a means to amplify their voices. I simply don't have much of a choice tonight…..it's freezing out. I'll just have to try and ignore them the best that I can. They haven't reached a level that I would classify as extreme quite yet, but they have become more active as the evening goes on. I'll try and keep myself distracted.

9:52 pm

The voices remain quite active and at a stronger level……not anything too strong so far……no all-out "bombardment" yet, but they are active. I just heard a voice call out my name. Recently, this has been the time of night that they've increased in strength. For the past two nights, they were harassing me pretty bad with the physical disturbances as soon as I got into bed. It was quite a pain in the ass. I had to double up on the sleep-aid just to get to sleep. I have this feeling that things will probably be the same for me tonight.

11:22 pm

The voices are starting to become even stronger. So, I just have this feeling that getting to sleep tonight won't be all that easy. I'll just have to see how it goes. I just took two doses of sleep-aid a few minutes ago. I'll probably take one more in a few minutes. Why not? For the past two nights, I wasn't able to get any sleep because of these entities, until I got out of bed and took more sleep-aid. This is the most trouble I've had with them (as far as messing with my sleep goes) in a little while. I mean, they always do to some extent, but things had actually been seeming like they were starting to calm down for a while. Well, maybe that's all over with now. They seem to me to be on the offensive this week. I don't exactly know why, but this is something that they have done several times before…..and after all, they are negative spirit attachments of some kind.

December 14, 2017
8:00 am

When I went to bed last night, things actually weren't that bad. I was experiencing some harassment from these negative entity attachments…..both from the voices and the physical disturbances. But, I passed out rather quickly……I'd say it was most likely a result of the extra sleep-aid that I took. So, I can't say that their offensive of escalated activity at night is quite over yet……I'll just have to see how it goes. At least this morning, I don't feel like I'm in a damn fog from taking the extra sleep-aid, which has been the case both yesterday and the day before.

6:28 pm

It's damn cold out again tonight. It snowed late yesterday evening. I woke up this morning, went out for a smoke and the ground was covered in it. Most of it melted during the day, but what's left is all ice now. So, I'm running my heater and most likely will be all night. Yes, the steady noise makes me hear the voices that much louder, but I have no damn choice. It's either that or freeze. It's not always so bad anyway. Usually, it's just much later in the evening that they can get real bad. Sometimes, it's like they are bombarding me with the damn voices….so this is exactly what I call it. Recently, they've been pulling this bombardment shit on me about an hour or so before I go to bed. It's not every night that it happens. But, these days it's at least a few times a week. Things can always change though. There doesn't seem to be much that is set in stone as far as how these spirit attachments operate. One weekend just this month, I experienced one of these aggravating voices bombardments in the middle of the afternoon. So, I never really know when it's going to happen. I just pick up on their most recent patterns. If I don't have a lot of steady background noise around me though, the voices do not become as strong. They are most often still there…..yes…..and they can still be quite a damn pain in the ass, but they don't hit me as loud and in this scenario, they are much easier to ignore. I'm hearing the voices coming in over the noise of my heater at the moment. Their chatter is constant, but not particularly strong yet. I think I'll read a book or watch a movie……something to keep myself distracted. This also helps to weaken the voices and fade them out. If they start pulling the physical crap on me though, that's a different animal.

8:30 pm

The voices have picked up in strength some. I'm trying to keep myself as distracted as I can. It's going okay…..not perfect, but just okay. Right now, I'm hearing the voice that I hear most often…..the voice that I consider to be the main instigator and my main tormentor. This voice I have been hearing since my attachment/oppression situation began back in 2015. This voice I was even hearing on many of my EVP recordings. I say "many," even though I was only doing EVP for two months. To be precise, this would be January and February of 2015 and I didn't even capture my first EVPs until the middle of January. I remember the exact date……I doubt I'll ever be able to forget it. It was the date that changed my life and at the time in ways that I didn't even imagine. January 17, 2015 was the date that I first realized that there was something more

to reality than meets the eye. This was my first real…..conscious run-in with the unknown. To this day, it's all still unknown to me. I live with this situation every day, but I still really don't know what it is…..where it comes from and why things are this way.

Sure, I could try and make myself believe something that is set in stone. I could try and put everything into a nice neat box and tell myself this is how it is and don't dare think otherwise. I could try and do that, but unfortunately ….I just don't think that would work for me…….not right now anyway. Maybe it's a weakness…..I don't know. I've certainly gotten used to saying those few words right there….."I don't know." If nothing else, I suppose that this is an honest statement at least. "I don't know" is what I'm confronted with. I'm at the point right now where I don't even want to know……not anymore…..or at least I think I am. I suppose that there's some deeper truth…..some kind of meaning to it all, but how am I in a position to know?

All I do know is that it's real……and it happened to me. I've been told so many times that it's not real, that it's all in my head……that in some way I'm responsible for convincing myself that it could be anything else. I've kicked this can around in my head more times that I can remember. There's just too much that doesn't add up. I could see how doing the EVP recordings……(especially with how carried away I got with it once I started hearing things on them) could play some serious and nasty tricks on my mind. But, some of the voices that I captured on those recordings, I'm not the only one that heard things on them. I played some of my recordings for a few others and they heard things on them to…..often the same things that I was hearing. And once things went bad…..there was the physical stuff…..some very real physical stuff…..sensations….disturbances….etc……but it was then and continues to be to this day…..very real. People could say, well that's just some kind of hallucination to, but if they haven't experienced it for themselves, how could they understand.

Maybe they couldn't believe that it could possibly be anything else. They just couldn't wrap their mind around it. I can't say that I blame them. At times, I wish I could feel that same way about it, but I can't because I'm confronted with the situation every day. Perhaps, sometimes it's hard to even consider something that you couldn't possibly understand or come up with answers for. Perhaps sometimes it's easier just to slap a label on it and case closed. "I don't know" just doesn't cut it sometimes I suppose. But, then again, I never said that it did. So, yes…..the voices have been active tonight. As I was saying, one voice in particular has been the most active…..and this is usually how it goes on any given night. This particular voice is a female voice……younger sounding…..but can be relentless…..most often it's the most intrusive and the most tormenting voice that I hear. I used to refer to this voice simply as "#1" because this female voice was always the most present and the most harassing. Then, earlier this year…..I began calling this voice "Pippy."

Maybe I was just joking or maybe I was trying to be defiant in an odd sort of way, but "this voice" quickly seemed to adopt the name and ever since…..in this bizarre situation of mine……this voice is now "Pippy." As I mentioned, I have been hearing "Pippy's" voice since my whole oppression began back in 2015. Actually, I was hearing her voice even before that. I was hearing her back on many of my EVP recordings from February of that year. This was the

second and last month that I was recording for EVP. I remember that back then, on those recordings……her voice and the things that I was hearing her say at the time…..even then they were unpleasant, but soon they were to get worse….a lot worse. Back when I was hearing her voice on my EVP recordings…..I got the impression that there was something very suspicious about this voice. I could tell even back then that she was playing tricks on me……trying to mess with my head. But, unfortunately back then I was utterly clueless as to what she was capable of. I had to learn the hard way……and man did I learn. As I said, February, 2015 was my second month of recording for EVP….and it was also my last. When I first started hearing the voices on my recordings, everything seemed fine. That is, everything seemed fine with the voices.

As time went on, (and it did all happen quickly) I began to hear more and more voices on my recordings and for the first few weeks, these voices were very interesting to me. They all seemed kind, polite, benevolent and always willing to communicate with me. But then, during the second month…..some new element seemed to have arrived on my recordings…..different voices….and these voices did not seem so nice and so benevolent. At first, this "new" group of voices were just making a few snide remarks and rude comments here and there. But, as the days went by, these voices started throwing out personal insults….criticizing statements and threats at me….along with other unpleasant comments such as "today you lose Brian…….the house is ours." 10:50 pm All things considered, I'd say that things are pretty stable around here at the moment. About an hour ago, the voices started to become quite strong. I thought that I was going to experience a full-on bombardment. But, things seemed to quickly settle down. I am hearing the voices right now, but they are fainter. I'll see how things go tonight when I crawl into bed and try and get to sleep. There were a few nights this week when these spirits made that a real problem for me. Even though things are relatively calm at the moment. I just have this feeling that I may not be out of the woods yet.

December 15, 2017
6:30 pm

It's snowing again…..and it's damn cold. This is the third snow storm we've had in a week here. I just got home from work a little bit ago. Tomorrow begins two weeks of vacation time. No work for two weeks. I'm glad, I could really use the down time. It's been a shit year as far as the job goes and having to deal with these negative spirit attachments only made things worse. I've got my heater going at the moment. It's giving the voices a little more volume, but it hasn't been the voices that have been causing me the most aggravation today…..at least not yet. Later in the afternoon, I started getting these damn annoying physical sensations. I knew almost right away that it was "them." These sensations seemed very targeted to be extremely annoying. Since I got home from work, I've experienced them a few times again. I guess I'll just have to see what's in store as the night goes on.

December 16, 2017
10:24 am

The rest of last night didn't go too bad. These negative attachments were still chattering away all night, but I really got into a book I was reading…..I read a hundred pages just last night. This allowed me to keep my focus off of them. When I went to bed, I was hit with some physical disturbances. I was feeling that damn vibration sensation all around my upper body. It was damn annoying. I thought that it was going to give me a real problem as far as getting to sleep. Fortunately, the sleep-aid I had taken kicked in all at once and before long I was out like a light. Things have been fairly mild this morning. I heard one of the voices talking some shit a little bit ago, but it was nothing all that disturbing. It's still damn cold outside. Everything is covered in snow and ice. The roads are a mess. I doubt that I'll be going anywhere today. It's so cold that I have my doubts that all of this snow and ice is going to melt at all today. I'll have to wait and see.

6:24 pm

These negative attachments haven't been too much trouble so far today. I went to the movies with my sister, her husband, and my nieces and nephew earlier. I didn't hear any voices the time I was there. But, these negative attachments made a point of letting me know that they were still there by causing me to feel the sensation of being jabbed in the lower back periodically throughout the movie. I'm home now, just having some coffee……just trying to relax as much as I can on my break from work. It warmed up a little bit this afternoon. Much of the snow and ice from last night melted away, but not all of it. It's still fairly cold. I've got my heater going. I hear the voices coming in over the heater noise, but they are not that strong at the moment. Right now, I'm also feeling a sensation on my lower back as I sit in my living room chair writing this. It would seem that at least one of "them" is very close to me at the moment…if not latched on to me. It's hard to tell. Yes, I do consider what I'm dealing with a spirit attachment situation. However, at least for me and my own situation, this doesn't necessarily mean that the spirits are physically attached and latched on to me at all times. It can certainly feel that way at times.

Often, when I first go to bed and I'm just there trying to sleep…..yes, it does sometimes literally feel like there is someone or something literally latched on to me. However, at other times, it's not this way at all. Sometimes, I'll hear the voices like they're coming from a distance. Sometimes, this distance could just be from another room say. Sometimes, the voices can sound like they're coming from further away. But, in these instances, I'm perceiving these entities or spirits……though at these times they don't seem to be physically latched on to me or even right next to me. I consider the term spirit attachment to apply more to my life. They seem

to go wherever I go and they are always trying to get me to perceive their presence. In essence, they try and interfere with everything that I do.

Sometimes, they are more extreme with this, sometimes less extreme. In the beginning of my attachment situation, they could interfere with my life to much more of a degree than they can now, but it still all boils down to them attempting to disturb me, to interfere…….to barge in and let me know that they're still there. Perhaps, they have some other motive…..maybe, I just don't know. Maybe they're just sadistic and nothing more. Again, I just don't know. But, when this element of spirit (or whatever they are) attaches…..yeah….it's to your life. I admit my own actions back in 2015 brought this upon myself. I was reaching out to the vast unknown and I got some attention, only it's not the kind of attention I wanted. I was a damn fool….plain and simple.

Astral Oppression : Hearing Voices and Physical Intrusions : 1/12-15/2020

January 12, 2020

9:40pm

This entity attachment (the female voice that calls herself Crystal) has been quite belligerent as far as what I've been hearing her say today. It's been one of those days when she's mainly been hurling insults at me. Yet all in all, the strength of her voice has been fairly mild for most of the day. However, if she sticks to the pattern of her behavior from last week, she might be escalating things tonight once I get into bed and try to sleep.

Last night (early morning), Crystal attacked me with her (now quite regular) shouting tactic, as well as intensified physical sensations. She probably prevented me from falling asleep for close to two hours.

I felt quite fatigued for a few hours this morning, though for most of the day I felt fine.

One thing that really stands out in my mind from last night's attack is how clear her voice sounded when she was shouting at me. Her voice sounded clear as day, as if there was an in-the-flesh person right there in the room with me shouting in my ears.

The lack of a full night of sleep last night should contribute to me falling asleep more quickly tonight, but I'll have to see how it goes.

January 13, 2020

11:00pm

I'm about to turn in for the night shortly. I'm not sure how things will go tonight. Last night, it seemed for a time that it was going to be another night where I experienced some heavy

harassment from Crystal. For a time, she seemed to be intensifying the physical sensations. I thought it might be another night where I would be kept awake by this harassment for a couple of hours.

I did linger in that in-between state (between being awake and asleep). Luckily, I managed to fall asleep before too long.

So, last week I experienced some heavier attacks from Crystal. It was a combination of voice and physical harassment. Yet, in these instances it was the physical harassment that became much more intense than usual. On most nights, I'm getting hit with a combination of voice harassment and physical harassment, but sometimes the intensity of one of these far supersedes the other. The three intense attacks within the last week are an example of this.

January 15, 2020

11:00pm

I went to traffic court yesterday and finally got this nonsense involving a situation my old car over with. This situation has been quite stressful to me for the past two weeks and I very much suspect that Crystal was taking advantage of the situation. I was worried quite a bit over whether or not I would have to pay a heavy fine. In the end I had to pay a moderate fine, not heavy, but moderate.

The worrying was really starting to get to me. Last week, there were a few nights when I had trouble falling asleep because I could not stop thinking about this court situation. Throw in Crystal's nightly harassment on top of that and sure enough, I experienced a few very rough nights last week. During that week, I experienced at least three full-blown attacks Crystal was hitting me with voice harassment and a level of physical harassment as well. The physical harassment in particular was quite intense, more intense than I've experienced in quite a while.

I suspect that all the strain and fatigue that I was dealing with in regards to this court situation, left me quite vulnerable to Crystal's intrusions and harassment. All of that anxiety seemed to feed her and give her strength, so that her presence had more of an effect on me. Hopefully, now with this traffic court ordeal done and over with, these more frequent and escalated nightly attacks will come to an end.

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